

September 2018 - Collingwood Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
02	03 HAPPY LABOUR DAY BIS Closed.	04	05 Park day Sunset Point Park Buy or bring your own lunch Outdoor games	06	07	08
09	10 Team scattergories Jok-R-Uummy	11	12 Shuffleboard @ Leisure Time Club Friendship park	13	14	15
16	17 BBQ at Sunset Point Park Summer survivor	18	19 Therapeutic Pilates S'mores & Sorry	20	21	22
23	24 Healthy You: Hero's Journey Pool tournament	25	26 Your choice activity St. Louis lunch outing	27	28	29
30			<i>"You are 100% in control of YOU. Your decision in each and every moment determines the quality of life that you live. Be positive." – unknown</i>			

Social Time - 9am-10am
We begin our morning with socializing with peers catching up on current events, over a cup of coffee or tea!

Exercise - 10am
VON Smart Exercise Program
"A gentle, low impact program that aims to improve strength, flexibility, mobility and balance".

Lunch
12:00pm – 1:00pm
Please bring a lunch to programming **except** on lunch outing days & days that we are cooking!

Afternoon Activity
1:00pm – 3:30pm

Please read the back of the calendar for important details regarding activities, times, locations, and funds required for events and activities.

Collingwood Adult Day Services for September 2018

September 3rd: Labour Day. BIS is closed today.

September 5th: Today we will spend the day at Sunset Point Park St. Lawrence Street, Collingwood. We will set up on the lake side to the left of the main washrooms/ concession stand. Please bring a lawn chair & beverage. You have the choice to **bring or buy your lunch** today at the Chipper. ***Please arrange your ride to drop you off and pick you up at Sunset Point Park St. Lawrence Street (Rain location 76 First Street Collingwood).***

September 10th: We begin the day playing an exciting game of team scattergories. Following lunch, we will play a game of Jok-R-Uummy.

September 12th: Our morning will be spent at The Leisure Time Club – 100 Minnesota street, playing shuffleboard (\$2). **Arrange transportation to and from this location.** We will spend the afternoon playing games and participating in brain power activities outside the Leisure Time club in Friendship Park.

September 17th: Today we will spend the day at Sunset Point Park St. Lawrence Street, Collingwood. We will be having jumbo hot dogs with a salad and chips for lunch. We will set up on the lake side to the left of the main washrooms/ concession stand. Please bring a lawn chair & beverage. ***Please arrange your ride to pick you up and drop you off at Sunset Point Park St. Lawrence Street (Rain location 76 First Street Collingwood).***

September 19th: Pilates is on the agenda for today! ***Please arrange for your ride to drop you off at Therapeutic Pilates – 69 First Street, between 9:45am and 10am.*** We will then walk back to the program site to make S'mores and play a group favourite game of Sorry.

September 24th: This morning we will begin our day with a Healthy You education session focused on brain injury recovery. We will continue working through the workbook Hero's Journey. In the afternoon, we will have a pool tournament.

September 26th: It's your choice of activity this morning before we take a taxi out for lunch to **St. Louis at noon.** ***Please arrange your ride to drop you off at 76 First Street (regular location) and pick you up from St. Louis located at 10 Balsam Street, Collingwood.***

Brain Injury Services – Collingwood Adult Day Services
76 First Street, Collingwood (corner of Maple and First Street)
Mondays and Wednesdays 8:30am to 3:30pm
Phone: 705-734-2178 - Beverley ext 241
Check out our Website! www.braininjuryservices.ca

NOTE: Participants must be independent with transportation and personal support requirements; as one to one assistance is not available.

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